



JAZZRUNNING

Here to help individuals become stronger, smarter, more competitive and more importantly faster, regardless of the ability level.

WE DO NOT TAKE THE PLACE OF COACHES.

All coaches and parents are welcome to become active participants

at a reduced fee.

CAMP AGES - GRADES 7 – 12. Everyone at this level can run faster and we can help them do it.

“To give anything less than your best is to sacrifice the gift.” Steve P.

If you want to do better you need to do the extras, and we will teach you the extras. Then it will be up to you to make the difference.

Remember - *Perfect practice makes perfect.* You need to train *smarter* - not always *harder*



Bob & Katie have two websites under construction for all to view. They will both contain running & fitness information. We love fitness and we would love to share it with all of you so you too can reach for the stars. web.mac.com/jazzsports
www.JAZZRUNNING.COM

Sauk Valley Resort gives you/us a beautiful location to do some great training. Visit their website at www.svresort.com

Come & experience Katie's core workouts. Come & run with the best in the state. Come & learn the importance of backwards running for strength, elasticity, and will power.

Learn the importance of dynamic/active stretching before you run and while you are laying around the house.

Come run and laugh with Coach Bob.

Sponsors:

Puma

Underground Printing

web.mac.com/jazzsports

www.JAZZRUNNING.COM

www.chews4health.com/jazzsports

www.withoutlimitsrunning.com

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SAUK VALLEY RUNNING CAMP

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“I DID NOT ALWAYS KNOW HOW TO COMPETE TO THE BEST OF MY ABILITY!”

July 12 - 16, 2009

Sauk Valley Resort

Brooklyn, MI

KATIE JAZWINSKI - High School All-American, Multiple-Time All-American & Big 10 Champion for the University of Michigan.

Killer Core & Strength Workouts

BOB JAZWINSKI -All-state & competed at the national level in college. Running enthusiast. Plans and designs team/individualized workouts for success. Inspirational and motivational Makes it fun to achieve goals while working hard.

SAUK VALLEY RUNNING CAMP

- **\$325 (If paid in full by May 12.)**
- **Team Rate: \$300 6 runners with registration& entire fee mailed in together by May 12th.**
- **\$375 AFTER MAY 12**
- \$50 will be non-refundable for cancellation

Fee includes:

Meals & Lodging
Puma/Jazzrunning t-shirt and water bottle
Daily Puma give-aways for contest winners
Nutrition/Injury Prevention
Great running through the hills of Brooklyn
Late night scavenger hunt
The Killer Backwards Workout
Katie's Ab & Strength Workouts Daily
Active (Rope) Stretching– nylon rope to go home with you
Form/Plyo Drills
Swimming/Lake front
Bonfires
Counselors from the top running colleges in the nation/state. POSSIBLE OLYMPIANS!!
Puma representative

Previous Runners who have attended our camps

Multiple Individual and Team State Champions
Numerous All-State Runners from all divisions
MORE IMPORTANTLY, RUNNERS WHO JUST WANTED TO BE THE BEST THEY COULD BE AND HAVE FUN DOING IT!!

JAZZRUNNING CAMPS

[Jazzrun@charter.net](mailto:jazzrun@charter.net)

Bob & Katie -Previous co-directors of Nike Camps and directors of Very Nice Running Camps and Jazz Running Camps. Camp directors of Dexter Speed & Agility.

7:00 - Wake up
7:30 -Run/workout
8:30 - Breakfast
10:00 -Core/strength
11:00 -Beach
12:00 - Lunch
1:00 -Speaker/Active stretching
3:30 -Run/Workout
5:30 - Dinner
7:00 -Activity
9:00-Bonfire/Dance/Scavenger Hunt/???

Parents & Coaches feel free to contact us
Bob or Katie Jazwinski
jazzrun@charter.net
(734)474-0584

We do not take the place of coaches. We give runners an opportunity to experience running with other runners and do a variety of different workouts. We let them hear from others what has worked and what might not have worked. *We will do our best to make it as educational, inspirational, and motivational as possible so your son/daughter comes home with a winning attitude to use on and off the course. Runners will leave stronger, faster, and smarter.*

Check in: Sunday, July 12, 1-3 p.m.
Check out: Thursday, July 16, 11 a.m.

Registration

Name: _____

Address: _____

City/State/Zip: _____

Sex: M/F **Grade entering:** _____

School: _____

Times: _____

T-shirt size: S M L XL

Short Size: S M L XL (If available.)

Home number: _____

Cell number: _____

E-mail address: _____

Preferred Roomate: _____

Medical/ insurance forms will be emailed or mailed to you if you do not have an email address. (THEY MUST BE COMPLETED PRIOR TO PARTICIPATION IN CAMP.)

Make Check payable to & mail to:

Robert Jazwinski

9138 Horseshoe Ct.

Dexter, MI 48130

\$325 BY May 12

\$300 6 runners with registration& entire fee mailed in together by May 12th.

\$375 after May 12

Everyone has a \$50 non-refundable administration fee.

*Interested in Speed & Agility camps this summer?
Call or check web sites for info.*

